



TEXAS DEPARTMENT OF HEALTH
AUSTIN, TEXAS
INTER-OFFICE MEMORANDUM

#01-123

TO: Regional Directors
Directors, Local Health Departments
Directors, Independent WIC Local Agencies
Acting Chief, Bureau of Regional/Local Health Operations

FROM: Barbara Keir, Director {Original Signed}
Division of Public Health Nutrition and Education
Bureau of Nutrition Services

DATE: November 2, 2001

SUBJECT: Revised Fact Sheets

This memo describes two revised fact sheets. Multiple copies of the two fact sheets will be mailed to all local agencies during the week of November 9, 2001. You will receive one copy for each of your clinic sites. The fact sheets are:

- ***Post Partum Issues and Counseling Tips, No. 8***, 11/93 (rev. 9/01), **Stock No. 06-10112**. This fact sheet covers post partum depression, handling exhaustion, constipation, hemorrhoids, an adequate diet and weight loss. It provides staff with information on each topic and general recommendations for client counseling. This fact sheet is for Texas WIC Staff only.
- ***Gestational Diabetes No. 12***, 3/97 (rev. 9/01), **Stock No. 06-10252**. This fact sheet provides a definition of gestational diabetes, complications of gestational diabetes and individual counseling tips. This fact sheet is for Texas WIC Staff only.

Please provide this memo to your nutrition education coordinator. She will need to insure that the old fact sheets are discarded and that staff have access to the new ones.

If you have any questions or require additional information, please contact Elaine Goodson, Special Projects Nutritionist, at (512) 458-7111, extension 3467 or Mary Van Eck, Nutrition Education Coordinator, Bureau of Nutrition Services, at (512) 458-7111, extension 3484.